



Preparedness Begins with You

Vicky Davidson



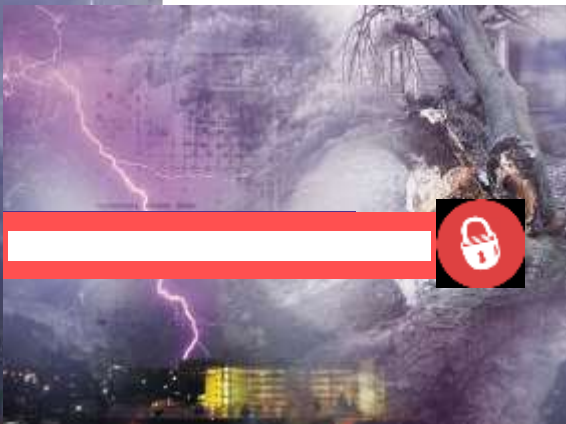


Life Course Framework

Life is a journey.
Our lives are not static, they change every day.

It's all about vision.
Anything is possible, with the right vision.

Everything is connected.
What you do today affects your life in the future.



Whose responsibility is it to be prepared for emergencies?



It is EVERY American's civic duty to be prepared for emergencies.

Planning and preparation are critical.

1% of the population are individuals (e.g. firefighters, EMTs, first responders, police, etc.) who will respond to 99% of the population.



Know the effects on you and your community

- ✓ Utilities (electric, phone, gas, water)
- ✓ Groceries, medical supplies, medications
- ✓ Community environment
- ✓ Home environment
- ✓ Emergency services
- ✓ Support services
- ✓ Service animals



Don't Isolate Yourself

- Speak to family members. Get to know your building manager, neighbors and other community members.
- Contact your local fire department and other emergency service's non-emergency line and explain your functional needs.
- Ask emergency providers to keep your functional needs information on file.

Make a Plan

- Complete a personal assessment of your needs.
- Evaluate your capabilities in an emergency.
- Make emergency officials, employers, personal network, utility companies, etc., aware of your abilities, limitations and assistance required during an emergency.



Make a Plan


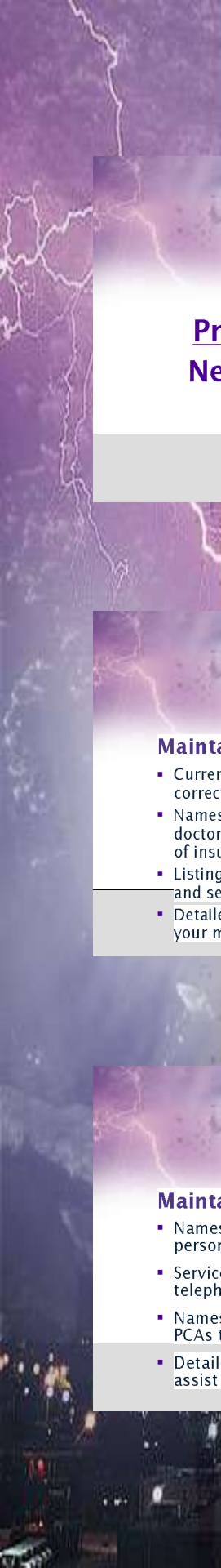
- Create a personal support network for home, school, work...
 - ✓ Individuals (other than PCAs) who will check with you in an emergency.
 - ✓ A minimum of 3 people in your network for each location where you regularly spend time during the week.
 - ✓ Provide training regarding personal needs.
 - ✓ Exchange important keys.

Personal Support Network, cont.

- ✓ Show where you keep emergency supplies.
- ✓ Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- ✓ Agree and practice a communications system.
- ✓ The relationship should be mutual. Learn about each others needs and how to help each other in an emergency – practice your emergency plans.

Building connections makes a difference and can save lives.





Practice with Your Network and Team



Maintain a List of Important Items

- Current prescription information with correct doses.
- Names, addresses and telephone numbers of doctors, therapists and pharmacists with copies of insurance cards.
- Listing of DME and supplies to include supplier and serial numbers.
- Detailed information about the specifications of your medication regime and allergies.



Maintain a List of Important Items

- Names, addresses and telephone numbers of personal support network.
- Service provider names, addresses and telephone numbers.
- Names, addresses and telephone numbers of PCAs to include back-up supports.
- Detailed information about how others can assist you.

Make a Kit

- Emergency supply of food
- Bottled water
- Non-electric can opener



Make a Kit

- Essential medicines/supplies - at least a 7-14 day supply.



Make a Kit

- First aid kit and manual
 - ✓ Non-latex bandages
 - ✓ Sunscreen
 - ✓ Hand sanitizer
 - ✓ Topical ointments
- Hygiene supplies



Evacuation

- If possible, find out community shelter sites (communicate functional needs).
- Plan for two evacuation routes.
- Make prior arrangements for accessible transportation.
- Include personal care and/or family in evacuation plans.




Make a Go Bag

- Easy-to-carry bag with the *most essential* items if you must evacuate:
- ✓ Essential medications
- ✓ Medical information (include doctors' contact information)
- ✓ Communication devices
- ✓ Portable ramp
- ✓ Hearing aid batteries
- ✓ Extra eyeglasses/contacts & solution
- ✓ Cash & credit/debit cards
- ✓ Sturdy shoes and gloves
- ✓ Hygiene supplies
- ✓ Supplies for your service animal



Maintain Your Plan and Kit

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- Inclusion of people with disabilities and other special needs must occur at ALL phases of emergency management.
 - Planning saves lives – it is too late to bring people to the table to start planning when you are in the midst of a disaster.





Resources

- Guidance for Planning of Integration of Functional Needs Support Services:
[fema.gov/pdf/about/odc/fnss_guidance.pdf](https://www.fema.gov/pdf/about/odc/fnss_guidance.pdf)
- National Commission on Children & Disasters:
childrenanddisasters.acf.hhs.gov/

Resources

- Ready In 3 preparedness information: www.health.mo.gov
- Disability Preparedness Resource Center: www.disabilitypreparedness.gov
- National Organization on Disabilities: www.nod.org/emergency

Resources

- MO State Emergency Management Agency: <http://sema.dps.mo.gov/>
- Federal Emergency Management Agency: <http://fema.gov>
- Department of Mental Health Disaster Readiness: <http://dmh.mo.gov/disaster/>
- Missouri Centers for Independent Living: <http://mosilc.org/CIL.htm>

Get Involved

- Volunteer for the American Red Cross: <http://www.redcross.org> 
- Contact your local Citizen Corps: <http://www.citizen corps.gov/> 
- Contact the National Voluntary Organizations Active in Disaster (NVOAD): <http://nvoad.org/> 

Questions?

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Survey

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

surveymonkey.com/s/f2fpreparedness



Special Thanks

- Vicky Davidson
- MO Developmental Disabilities Council
- MODHSS Special Health Care Needs
- DMH Regional Offices & Family Support Coordinators



For more information

Contact

Missouri Family to Family

800-444-0821

mofamilytofamily.org

UMKC-Institute for Human Development

www.ihd.umkc.edu